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Unlocking Healing & Performance: The Power and Promise of Brainspotting

Brainspotting is grounded in the understanding that trauma is often stored in the brain and body in ways that are not easily accessible through traditional talk therapy.

The technique involves the client maintaining a focused gaze on a specific point in the visual field, identified by the therapist as a “brainspot.” This spot is believed to correspond to an area in the brain where the trauma or emotional pain is stored. By sustaining eye position on this spot, the client can tap into deeper brain processes, facilitating the release and integration of traumatic memories and negative emotions.

Brainspotting is based on the concept that the brain’s subcortical regions, which govern emotional and bodily responses, are more directly involved in processing trauma than the neocortex, the brain’s rational and thinking parts. Therefore, by using eye positions to access these subcortical regions, Brainspotting aims to bypass the more conscious cognitive defenses and directly target the areas where trauma is held. In practice, a Brainspotting session typically involves the Clinician and client working together to identify relevant brainspots using a pointer or the client’s intuition. Once a brainspot is found, the client maintains their gaze on it while the Clinician provides an attuned presence, allowing the client’s brain to process the traumatic material at its own pace.

The approach has been found effective for a variety of issues, including post-traumatic stress disorder (PTSD), anxiety, depression, and chronic pain. It is also utilized to enhance performance in sports, the arts, and other areas where psychological factors play a critical role. Brainspotting’s non-verbal nature makes it particularly suitable for individuals who struggle to articulate their experiences or for whom traditional therapy has been insufficient.

In summary, Brainspotting is a focused, experiential therapy that leverages the connection between visual input and emotional processing to help clients access, process, and resolve deep-seated trauma and emotional pain, promoting overall psychological healing and well-being.

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